

Tuna Pasta Casserole

Makes: 6 Servings

Ingredients

12 ounces pasta shells, or other pasta (12 ounces)
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 tablespoon oil
1 can cream of mushroom soup, reduced sodium (10 ounces, or cream of celery, chicken or cheddar)
1 can diced tomatoes
2 cans tuna (6 ounces each)
 shredded cheese (optional)

Directions

1. Cook pasta according to package directions and drain.
2. In a large skillet or pot, cook onion and pepper in oil.
3. Add cream soup, diced tomatoes and tuna to onion and pepper.
4. Mix with pasta. Put in baking dish.
5. Cook at 350°F or for 25 minutes until bubbly.
6. Top with cheese if desired and return to oven for 5 minutes to melt.

ONIE Project - Oklahoma Nutrition Information and Education. Sim

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	375	
Total Fat	4 g	6%
Protein	25 g	
Carbohydrates	58 g	19%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	540 mg	23%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 1/2 cups